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IT'S A BIRD...IT'S A PLANE... IT'S THE SUPER CREW®
HERE TO SAVE THE WORLD ONE HEALTHY FOOD AT A TIME
New Children's Books Published to Make Healthy Eating Fun for Kids

Los Angeles, California, DATE – Imagine a world where eating blueberries made you super smart, spices and herbs allowed you to levitate, and mangoes made you super strong! While these are some of the secrets from the **Super Crew®** books, it doesn't stray far from the real benefits of these power foods and the messages that will ignite kids' imaginations to eat delicious and nutritious foods.

The **Super Crew®** is a group of superhero kids who get powers from eating their favorite color foods. Written by Melissa Halas-Liang, MA, RD, CDE, and illustrated by Alexandra Artigas, the **Super Crew®** is brought to life through beautifully illustrated children's books that encourage kids to understand and value the importance of good nutrition.

HAVOC AT HILLSIDE MARKET and **SUPER BABY ABIGAIL'S LUNCH TIME ADVENTURE** are two books that feature the **Super Crew®**. The books offer adventures that engage kids and come to life through the vibrant pages. In addition to the stories, each book provides parents with ideas on how to peak their child's interest in learning about healthy nutrition and trying new foods. Books are available at superkidsnutrition.com.

SUPER BABY ABIGAIL'S LUNCH TIME ADVENTURE features Baby Abigail in a kid-friendly, action-packed, fun-filled story that touts fruits and vegetables as the most exciting and important part of any meal. The story spotlights Super Baby Abigail and the **Super Crew®** using a Fruit and Veggie Growing Machine to make a tasty, nutritious lunch. Overflowing with beautiful images of healthy, delicious foods, Super Baby Abigail's adventure creates the perfect opportunity to introduce a variety of fruits and vegetables in a kid-friendly and entertaining way.

HAVOC AT HILLSIDE MARKET combines the importance of healthy eating with the excitement of superhero characters. Readers join the adventures of the **Super Crew®** to save Baby Abigail and her dog, Cinnamon, in this action-packed story. Set at a farmer's market, kids learn about healthy, locally-grown foods and good nutrition while following the **Super Crew®** journey. Each **Super Crew®** member has his own special powers they get from the nutritious and colorful foods he or she likes best.

ABOUT THE AUTHOR: Author Melissa Halas-Liang, MA, RD, CDE, is a mom, registered dietitian and nutrition educator with a passion for eating healthfully. After the birth of her daughter, Abigail, she was surprised to find limited, trusted resources on childhood nutrition. It was then she realized her true purpose...*to save the world one healthy food at a time™*. She created **SuperKids Nutrition**, a free child nutrition resource that provides easy-to-read, credible information for parents, kids and healthcare professionals. While her professional expertise provided her with the knowledge to create the tools for parents, she knew that engaging kids would require a fun and creative twist and leveraged her talents and love for creative writing to create the **Super Crew®** books.

"The **Super Crew®** creates an interesting and appealing way for parents to encourage their kids to eat healthy and, more importantly, try a variety of nutritious foods," said Melissa Halas-Liang. "There are so many delicious and nutritious foods that kids are hesitant to try, but will love once they taste them. Kids enjoying healthy variety in their diets is how the **Super Crew®** will save the world!"

In addition to children books, the **Super Crew®** is featured in fun learning activities that can be downloaded on superkidsnutrition.com and deliver nutrition concepts in activities that also teach science, math, reading and fitness.

ABOUT SUPERKIDS NUTRITION: SuperKids Nutrition Inc. was founded in August 2006 by Melissa Halas-Liang, MA, RD, CDE, to save the world one healthy food at a time™. **SuperKids Nutrition** addresses both sides of the equation by providing knowledgeable tools for parents, and fun, engaging activities for kids to encourage healthy nutrition choices every day as well as eating a variety of foods. Information is available on superkidsnutrition.com, a mega child nutrition website that provides easy-to-read, credible resources for parents, kids and healthcare professionals. The **SuperKids Nutrition** website, books and other educational tools on eating healthfully and raising a healthy family are available at www.superkidsnutrition.com.

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